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{page 22}

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**News worth
 sharing.**

Layton honoured

- ▶ Alberta legislature grounds turned to sea of orange in touching tribute to Jack Layton
- ▶ More than a thousand gather for candlelight vigil to late NDP leader



**SHELLEY
 WILLIAMSON**
 @METRONWS.CA

Edmontonian Berni Cameron never met Jack Layton, but she will always consider him an inspiration as a New Democrat supporter and a Canadian.

As Cameron laid down orange gerbera daisies on the Alberta legislature steps at last night's vigil for Layton, she talked of how he had inspired her and the country.

"I think this is only the beginning. The spirit he's generated in Canadians will live on forever," she said.

MC'd by MLA Rachel Notley, with speakers including provincial NDP Leader Brian Mason and MP Linda Duncan, the vigil scarcely left a patch of grass empty or a dry eye.

"It's been painful this week for me not to be with Jack," said a teary Duncan. "But I wanted to be with you, and I want to thank you for coming here to be with Jack."

A state funeral for Layton is being held Saturday in Toronto.



▶ Edmontonians turned out in droves yesterday to a candlelight vigil for Jack Layton, who passed away this week at the age of 61. More coverage, page 8.

SHELLEY WILLIAMSON/METRO

Law enforcement

Coke, weed seized

- ▶ 'High-ranking' crime member charged: Cops
- ▶ But authorities call amount found a drop in the bucket {page 4}

We've got it good

Edmonton has shortest commute times in Canada {page 3}



Southern comfort

Cook up some lighter ribs with your waistline in mind {page 27}



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New study on controversial MS treatment

Researchers at the University of Calgary have documented some serious complications suffered by multiple sclerosis patients who travelled outside of Canada to undergo a controversial treatment for their disease.

Some patients have reported that the procedure has drastically improved their symptoms, but some studies have called into question its effectiveness. The Calgary study followed five patients who had the so-called liberation therapy and were treated in Calgary hospitals in October and November of last year after complications from the procedure. **THE CANADIAN PRESS**

Mounties pinch man with loaded gun

Kelowna RCMP have arrested an Edmonton man with alleged gang ties and a loaded gun.

Police said the man, who's known to them, was picked up with a loaded .45-calibre handgun outside a nightclub early yesterday.

"We can only speculate as to what the outcome would have been," said Const. Steve Holmes, Kelowna RCMP spokesman.

RCMP say there is no apparent link between the incident and the targeted hit on reputed Red Scorpions leader Jonathan Bacon.

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► Commuting in Edmonton traffic, seen here downtown on Jasper Avenue yesterday, takes less time than in other major Canadian cities.

Edmonton commute to work shortest in Canada

► 2010 Statistics Canada numbers show most Canadians prefer to drive to work ► City transportation boss says faster transit commute will free up roads



HEATHER MCINTYRE
@METRONEWS.CA

Despite complaints from motorists, Edmonton has the shortest commute times in Canada.

According to 2010 numbers, it takes city drivers 23 minutes to get to work, compared to a national average of 26 minutes.

"I am (surprised) to a degree because of the amount of construction we've been doing over the last three years or so," said city transportation

boss Bob Boutilier. "But it shows commuters that ... they've still got a pretty good system."

Despite the Statistics Canada results, some Edmontonians do what they can to avoid sitting in traffic.

"I live close to downtown because I don't want a long commute," said Sam Jenkins.

Of the 10.6-million Canadian workers who commuted by car last year, nearly nine million had never used transit — most considered it inconvenient with an average

Study by numbers

- In 2010, roughly 82 per cent of Canadians travelled to work by car, 12 per cent by public transit, and six per cent by walking or cycling.
- According to Edmonton transportation boss Bob Boutilier, bus lanes and

LRT expansion, including transit centres in residential areas, will improve the city's transit commute time and usage. ► Toronto and Montreal lead the country with 33- and 31-minute commutes, respectively. Calgary is second lowest with 26 minutes.

commute time of 44 minutes.

Rob Ladouceur has never used transit to get to work downtown, using the LRT only to travel short distances, such as to

Oilers games after work.

Transit ridership is climbing, but Boutilier said the system needs to be faster and further reaching to entice more drivers off the roads.

1

news


Scientists find success fighting mosquito-borne dengue fever with ... mosquitoes? Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Olivia Chow thanks the crowd that turned out to pay respects to her late husband, Jack Layton. Video at metronews.ca



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SHELLEY WILLIAMSON/METRO

Joint-forces team makes drug arrest

► 'High-ranking' organized crime member charged: **ALERT** ► Investigation leads to seizure ► Quantity an 'average' amount couriered in every few days: Police



The Alberta Law Enforcement Response Team says it has arrested a 24-year-old "high-ranking" Edmonton organized crime member and kept drugs worth thousands off city streets.

But a spokesperson for the Combined Forces Special Enforcement Unit said the eight kilograms of suspected cocaine and five pounds of processed marijuana seized Sunday is a drop in the bucket of what's filtered through Edmonton.

\$360,000
The estimated street value of suspected cocaine and marijuana seized in a recent city bust.

"It's not uncommon for them to be bringing in seven to 10 kilos every other day," said Insp. Kevin Galvin yesterday.

The drugs and a vehicle were seized Sunday from a 166 Avenue and 88 Street home, said Galvin, adding another "trusted, but not as high-ranking" organized crime member is being sought.

ing sought.

More arrests are expected.

The cocaine has a street value of \$46,000 per kilogram, while the marijuana fetches \$2,000 a pound, Galvin estimated.

What's unique about the bust is it involves a higher-up in a crime hierarchy, said Galvin.

"It's a bit of a coup," he said, adding the group with ties to other Western Canadian organized crime groups has been operating "for decades."

Hamid Reza Akbarpour faces possession for the purpose of trafficking charges.

Calgary to scan dead pets for identification

JEREMY NOLAIS/METRO



Calgary animal services workers are adopting a less than glamorous practice to help bring some closure to owners of deceased pets.

Starting Monday, cat and dog carcasses recovered by city workers will be transported to animal services headquarters and scanned for implanted identification chips or tattoos. Previously, officials had relied solely on tags found on the animal for identification.

"When they (the owner) find out that their pet is unfortunately deceased, it's a very emotional moment," said bylaw services director Bill Bruce. "People want to know whether it's time to close the book on that relation and move forward."

Overall, the need for the identification program

may actually be declining, as Bruce said responsible pet ownership seems to be continually taking hold in the city.

He noted that more than 90 per cent of Calgary pets are properly licensed. ● JEREMY NOLAIS

Program info

- The new animal identification program is a joint effort between Calgary's bylaw services and the roads department.
- The program is believed to be the first of its kind in Canada.
- 483 dead cats and 46 dogs were recovered last year in the city, a decrease of 30 and 60 per cent, respectively, compared to 2009.
- Descriptions of deceased pets will be posted online and the remains will be held at animal services headquarters for 10 days.
- For more information on the new animal identification program, visit calgary.ca/animalservices.

Driver dead in crash in southwest Edmonton

The 61-year-old driver of a car was killed in a collision with an SUV Tuesday at the intersection of 111 Street and 23 Avenue.

The SUV driver suffered non-life-threatening injuries.

Police said speed is likely a factor.

● METRO

Industries fighting endangered status for caribou

The Alberta government is considering whether to declare woodland caribou an endangered species over objections from energy, forestry and agriculture industries.

Officials said they need more input before deciding.

● METRO

Tips from public lead police to arson arrest

Police have charged Pashe Donahue, 31, with arson in relation to a series of dumpster fires in downtown and west Edmonton from May to July.

The arson unit said the public's reporting of the crimes led to Donahue's arrest.

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Decision to determine new city taxi plates

► Airport drivers want first shot at new city cab plates if Edmonton International Airport awards new contract to local taxi broker



KATIE TURNER
@METRONEWS.CA

City cab drivers want the number of taxis to increase only if they regain the Edmonton International Airport.

A council committee discussed yesterday the possibility of adding to the 1,185 taxi vehicles currently licensed.

"We have enough taxis," said Balraj Manhas, president of the United Cab Drivers Association of Edmonton, one of many drivers in attendance at the meeting. "The last five years, we are not making enough money to feed our families. We have to work more hours every day."

"We need to get the airport back."

A five-year contract for the Leduc-based Airport Taxi Service comes to an end Nov. 1.

City cabs can take fares to the airport but can't pick up there and airport drivers can't pick up fares in the city — meaning both drive empty one way.

The committee voted to wait for the decision in October on which taxi broker will get the new EIA contract before deciding how to move forward with increasing the num-



HEATHER MCINTYRE/METRO

► A new contract for service at the Edmonton International Airport could be awarded to a city taxi broker come October, which will determine how the city approaches creating more licensed taxi vehicles.

ber of city taxi plates, which will likely be given to the airport drivers should they be put out of work.

"They should be given first chance ... for the first number of licences that will be made available," said the group's lawyer, Sol Rolingher.

By the numbers

► **Lost revenue:** City cab drivers said more than 2,500 of them have lost \$5 million in annual revenue in the last five years since the EIA service was awarded to Airport Taxi Service.

► **Saturated:** They also said the city is saturated with 1,185 taxi vehicle licences, compared to 1,440 in Calgary, which has a larger population.

MCDUGALL UNITED CHURCH

City mulls state of historic church

The city is eyeing options to help a 102-year-old church in need of millions of costly structural salvation.

Among options floated yesterday in an executive committee meeting was taking over the title of McDougall United

Church, then leasing it back to the congregation to help with a \$5.8-million improvement bill.

Mayor Stephen Mandel said he doesn't want to set a precedent of funding churches, but noted the building is also a community resource.

Minister John Weinlich said the church held 90 concerts last year, plus non-profit events.

Administration will report in January on possible options to preserve the building.

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Grits gear up for vote

The Alberta Liberals announced membership numbers yesterday, heading into the last weeks before they elect a new leader.

As of last weekend, the party, which has five candidates vying for its helm, had more than 27,000 registered supporters eligible to vote, said a written release.

Auditor Harry Neufeld will oversee the Sept. 10 vote while Kevin Feehan will act as returning officer.

Executive director Corey Hogan called the upcoming leadership vote the "largest leadership race by an opposition party in Alberta in half a generation."

● METRO

Police searching for senior

Edmonton police are seeking a man, 78, with dementia who left the Royal Alexandra Hospital around 8 a.m. yesterday. Harold Potter is six foot one and was wearing dark jeans and a plaid button shirt. ● METRO

Fire doesn't pose health hazard

Alberta Environment said the fire at NAEJA Pharmaceutical facility last month had a minimal effect on the environment and poses no risk to health. Officials said air and water samples were taken to be analyzed. ● METRO

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For Jack, the Hill's last farewell

► An outpouring of grief as Ottawa crowds mourn beloved NDP leader

AMEN JAFRI
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METRO CANADA IN OTTAWA

They came by the hundreds — all ages, shapes and colours.

Throngs of Canadians lined up on Parliament Hill yesterday to pay their respects to Jack Layton.

By late afternoon, more than 1,500 people had filed past the NDP leader's flag-draped coffin.

Hélène Lapointe, an NDP provincial executive member in Dieppe, N.B., was one of the first to arrive. Her voice trembled as she recalled her memories of Layton, who died of cancer Monday.

"He came to (a nomination) in Acadie Bathurst (N.B.), started speaking

Tower's tribute

- Toronto's CN Tower will glow orange from sundown Saturday until sunrise Sunday in honour of Jack Layton.
- The tower will be lit with the colours of the NDP leader's party to coincide with his state funeral, said a spokesperson.
- The service is set to take place at 2 p.m. on Saturday at Toronto's Roy Thomson Hall.

French and said, "Thanks to Hélène, my French is much better."

Lapointe had always stressed that MPs needed to be perfectly bilingual.

WITH FILES FROM
THE CANADIAN PRESS



► Olivia Chow grieves by the casket of her husband, Jack Layton, on Parliament Hill yesterday.



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Decade-old murder ends in guilty verdict

► Suspect had eluded police for 12 years

A 12-year ordeal has ended for the family of a Canadian woman who was raped, murdered, stuffed into a suitcase and dumped at London's Heathrow Airport.

London police say Youssef Ahmed Wahid, 42, has been found guilty of murdering singer Fatima Kama.

"It represents a lot of things for us," Fatima's father, Bouchaib Kama, 66, said in Montreal.

"The judge and jury in London were able to give us something we'd been waiting for for years"

Fatima, 28, was born

Killer on the run

- Wahid is expected to be sentenced in October and could be jailed for life.
- A former Kuwait Airways flight attendant, he had been on the police radar from the beginning.
- He eluded authorities for more than a decade before police located him in Bahrain last year. He was extradited to Britain.

and raised in Morocco, but moved to Canada with her family in 1990. She was a singer in Lebanon.

Reports said she lived her life "like Holly Golightly," the socialite portrayed by Audrey Hepburn in *Breakfast At Tiffany's*.

THE CANADIAN PRESS

Nunavut. Stamp of approval



► Stephen Harper in Nunavut yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

PM strikes gold, literally

Prime Minister Stephen Harper has already put his stamp on the country. Yesterday, he took a different tack — by stamping a \$1.8-million bar of gold with a maple leaf. Harper was visiting Meadowbank gold mine in Nunavut, on his annual weeklong northern tour.

Police ask Ottawa: Let us be hackers

Canadian police chiefs are calling on Ottawa to change the law to allow police to get occasional access to text messages, cellphone calls, emails and BlackBerry pings.

The request was in a resolution passed at the Canadian Association of Chiefs of Police annual conference in Windsor, Ont.

The chiefs say Canada lags behind other G8 countries on the issue.

Crooks "feel invulnerable to carry out criminal activities."

DEPUTY CHIEF CONST. BOB DOWNIE

Deputy Chief Const. Bob Downie from Saanich, B.C., said criminals have a secure means of communication that cannot be accessed by police.

THE CANADIAN PRESS

Polar bears invade crash site

Rotting food and strong winds are attracting hungry polar bears to the wreckage of a deadly plane crash in the Arctic, police say.

The chartered First Air jet was carrying 2,250 kilograms of food when it crashed into a hill near the Resolute airport on Saturday.

Twelve people died and three survived. RCMP say passengers on board First Air flight 6560 had no warning before the plane crashed into a hillside.

THE CANADIAN PRESS

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Palestinian attacks wound Israeli baby

► New violence sparked by ambush in southern Israel

Palestinian militants fired rocket barrages that wounded an Israeli baby yesterday, and Israel retaliated with airstrikes that killed two Gaza fighters.

The new round of violence began last Thursday when gunmen, apparently from Gaza, crossed the border from Egypt and ambushed cars and buses in southern Israel, killing eight people. That was followed by massive Palestinian rocket attacks and retaliatory Israeli airstrikes.

Gaza Health Ministry spokesman Adham Abu Salmia said a member of the Islamic Jihad group was killed last night in Israeli airstrikes.

The Israeli military said "aircraft targeted a terrorist squad that fired rockets in-

to Israel."

Israeli aircraft killed another Islamic Jihad fighter before dawn yesterday, Hamas security officials said. The Israeli military said the dead man had smuggled weapons into Gaza and was involved in militant activity in Egypt's Sinai peninsula, near Israel's southern border.

Palestinians fired more than a dozen rockets into Israel yesterday, sending residents in Ashkelon and elsewhere in the south running for cover. A baby was injured by shrapnel from one of the Palestinian rockets, Israel's rescue service said.

Israeli media reported that security forces sent reinforcements to the area.

A music festival that was

to be held in Ashkelon was cancelled, conforming with military recommendations against large gatherings in tense security times, the military said in a statement.

Also yesterday, Israeli defence officials said Israel gave Egypt the results of an initial military probe into the deaths of Egyptian police officers during fights between Israeli soldiers and militants last Thursday.

The officials said video filmed from a helicopter during the fighting shows soldiers didn't shoot toward locations near the Egyptian positions even after they came under attack from missile attacks and sniper fire from militants there. **THE ASSOCIATED PRESS**

Santiago. Unrest



► A police officer confronts a youth amid clashes at the start of a national strike in Santiago.

ROBERTO CANDIA/THE ASSOCIATED PRESS

Chilean strike erupts in violence

Chilean students, opposition politicians and union workers are leading a two-day nationwide strike to fight for fundamental changes in government.

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Clashes punctuate search for Gadhafi

- Rebels may be running out of weapons but cannot claim 'true' victory until the longtime dictator is found
- NATO campaign issued 46 air strikes on Tuesday

Scattered battles flared yesterday across the Libyan capital, with pro-regime snipers cutting off the road to Tripoli's airport while loyalist fighters launched repeated attacks on Moammar's Gadhafi's captured Bab al-Aziziya compound.

While opposition fighters claimed they had most

of Tripoli under control, a defiant Gadhafi vowed from hiding that he would fight on "until victory or martyrdom."

Few civilians were willing to venture outside. The streets were scattered with debris, while rebels manned checkpoints.

But intense clashes

broke out in the Abu Salim neighbourhood, which is thought to be one of the regime's final strongholds.

Gadhafi's foreign minister, Abdul Ati al-Obeidi, told British media that the dictator's rule "was over" and that safe passage out of Libya was now unlikely.

British Foreign Secretary William Hague said it was clear Gadhafi had lost control of most of Tripoli and called on him to "stop issuing delusional statements."

Rebel leaders made first moves to set up a new government in the capital. Rebel leader Mahmoud Jibril was to meet yesterday with French President Nicholas Sarkozy and British Prime Minister David Cameron.

THE ASSOCIATED PRESS

► Rebel fighters celebrate as they stand on top of the monument inside Moammar Gadhafi's compound in Tripoli yesterday. The rebels say they have now taken control of nearly all of the capital.



Reporters kidnapped in Libya

Italy's foreign ministry says four Italian journalists were kidnapped yesterday and their driver killed, apparently by Libyan regime loyalists,

on a highway 50 kilometers west of Tripoli.

Two journalists were from the Milan daily Corriere della Sera, one from Turin's La Stampa and one from Avvenire, a national Catholic paper.

The Avvenire reporter called Milan saying the four Italian were OK.

THE ASSOCIATED PRESS

An advertisement for Mobility's 'Back to School Plan'. It features a large open book with '\$25 /mo Back to School Plan' written on the left page and 'Unlimited Data', 'Unlimited Talk', 'Unlimited Text', and 'Caller I.D.' on the right page. A green cartoon character wearing a graduation cap and holding a diploma stands next to the book. To the right of the character are several mobile phones. The background is a gradient of light blue and white.

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Storm. Scrubbers



► Darth Vader directs a legion of Stormtroopers — who arrived a day early for the 17th annual Fan Expo Canada — to kill some free time by giving free car washes in Toronto.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Star Wars soldiers storm Toronto

Stormtroopers scrubbed and shined vehicles for the public yesterday at the One-A-Minit Car Wash on Church Street in Toronto to promote Fan Expo, starting today and running until Aug. 28 at the Metro Toronto Convention Centre.

WestJet plans to keep Fido flying

- Airline says hi-tech filter system keeps air fresh
- CMA recommends furry critters be kept in cargo
- Company says few allergy-related problems on flights

WestJet Airlines says it's not interested in banning Fluffy and Fido from airplane cabins.

The Canadian Medical Association is suggesting furry friends should travel in the cargo section of airplanes because they may present serious risks for people with pet-related allergies.

But the Calgary-based discount carrier says passengers are kept apart if they alert the airline ahead of time that they have allergies.

They also ask that those who take journeys

with pets let them know in advance as well.

To combat any potential issues, WestJet also says its planes are equipped with good air filters that efficiently eliminate allergens.

Another option the airline presents to passengers with allergies is the chance to be placed on a different flight — one with no dogs or cats on board.

WestJet says that, over the course of the past year and a half, it has only had a handful of allergy-related incidents reported on

the thousands of flights the airline oversees on a daily basis.

Air Canada had implemented a policy between 2006 and 2009 banning pets from being stowed in the cabin, but later reversed it.

The head of the Alberta Medical Association is throwing his support behind the idea of a ban.

Dr. Patrick White points out that it's pretty hard to get air travellers to a hospital quickly if they have a serious allergic reaction.

THE CANADIAN PRESS

Apple CEO resigns

PAUL SAKUMA/THE ASSOCIATED PRESS

Steve Jobs, the mind behind the iPhone, iPad and other devices that turned Apple Inc. into one of the world's most powerful companies, resigned as the company's CEO yesterday, saying he can no longer handle the job.

The move appears to be the result of an unspecified medical condition for which he took an indefinite leave from his post in January.

Apple's chief operating officer, Tim Cook, has been named CEO.



► Steve Jobs

In a letter addressed to Apple's board and the "Apple community," Jobs said he "always said if there ever came a day when I

could no longer meet my duties and expectations as Apple's CEO, I would be the first to let you know. Unfortunately, that day has come."

Jobs gave the board his resignation yesterday and suggested Cook be named the company's new leader.

Jobs has had several medical leaves over the years.

He had previously survived pancreatic cancer and received a liver transplant.

THE ASSOCIATED PRESS

Google pays millions for drug ads

Google Inc. has agreed to pay \$500 million US to settle a U.S. government investigation into the distribution of online ads from Canadian pharmacies illegally selling prescription drugs to the U.S., an attorney said yesterday.

The settlement means Google will not face criminal prosecution for accusations that it improperly profited from the ads.

THE ASSOCIATED PRESS





New home growth is expected

More new homes will be built than originally thought this year, due to strong employment and low mortgages rates, the Canada Mortgage and Housing Corp. said yesterday.

The agency forecasts that an average 183,200 units will be built in 2011, with about 183,900 new homes being built next year.

THE CANADIAN PRESS

Market moment

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Quebec pitches partnership to Japan

Quebec is more than ready to meet Japan's metal needs, Premier Jean Charest said during a trade visit to the Asian country yesterday.

Charest will be in Japan for the rest of the week to meet with business leaders and politicians to try to persuade them to participate in the ambitious development of northern Quebec. Japan has been frustrat-

ed by Chinese control over a number of so-called rare earth elements, metals used in high-tech and military applications, and is looking for a new source of supply.

Charest said Quebec is a perfect option.

"The Plan Nord (Charest's plan for northern Quebec) is coming on stream and we're telling the Japanese that Quebec is a natural partner."

Japan is the eighth-largest export market for Quebec, with sales totalling \$885 million in 2010. Pork is the big export, but sales of jet aircraft engines and aerospace equipment have grown. **THE CANADIAN PRESS**

Healthy. Option



► Burger King's new oatmeal item.

DAMIAN DOVARGANES/ THE ASSOCIATED PRESS

Fast food gets a health kick

Burger King is adding oatmeal to its breakfast menu as the struggling fast-food chain tries to reinvent itself. The world's second-largest burger chain says the move balances out its menu to offer customers a healthier breakfast option.

Greece scraps secret fund

► 'Classified Expenditures' budget contains only \$200K, but minister says it'll help bring down deficit

Greece said yesterday it was abolishing a secret fund used by the press ministry for decades, and is transferring the money into the regular state budget to help cut debt and bring transparency to its governance.

The fund had been operating under a law set up by Greece's military dictatorship in 1970, government spokesman Ilias Mosialos said in a statement announcing its abolition.

The move comes at a time when Greeks are being asked to pay ever increasing taxes as the government struggles to bring its budget deficit under control.

Mosialos insisted Prime

Minister George Papandreou's government, which was elected in October 2009, had not made use of the fund, which was earmarked for the General Secretariats of Communication and Information, for propaganda purposes.

Mosialos, who also holds a ministerial post, said that while the current government had not spent any money from the fund, it had been used as late as in 2009, before the October election. He could not, however, say definitively what the money had been used to pay for.

Greece has been in severe financial crisis since late 2009. **THE ASSOCIATED PRESS**



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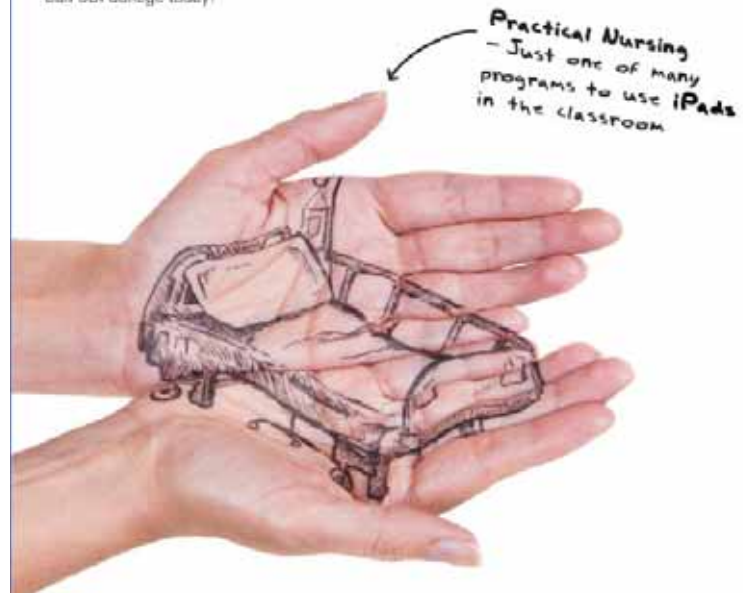
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A PLEA TO STOP A CYCLE OF ABUSE

HE SAYS ...

JOHN MAZEROLLE
METRO



Now that I've been a cyclist for a few months, I know the group of people on Earth I hate most are other cyclists.

My disdain for my two-wheeled counterparts falls somewhere between Libyans' hatred of Gadhafi and New Democrats' hatred of Christie Blatchford (a tight squeeze, I know). But it's true: You can all bike at full speed under bridges with four-foot clearances, for all I care.

The only positive thing I can say about the lot of you is, "Thanks for making me feel unique." Because I am apparently the only Canadian cyclist who follows the rules of the road.

I stop at stop lights (gasp). I signal my turns (shock). I do not assume "shared trail" means "cycles moving at 40 km/h and human speed bumps leaping out of the way."

The other day I approached a crosswalk with a person in it. The wheel-shocked pedestrian, accustomed to years of (the cycle of) abuse, went into full duck-and-cover mode, like a Brit during the Blitz. When she looked up from her huddle to realize I had stopped, she looked baffled, then sheepishly said, "Sorry!" as she passed in front of me.

I yelled after her: "DON'T APOLOGIZE! YOU HAD THE RIGHT OF WAY!"

You know you've become a cyclist-hating cyclist when you start yelling positive things at pedestrians.

Conversely, rarely a ride goes by without me yelling something slightly less positive at another cyclist — usually something like, "THE LIGHT IS RED, YOU [profanity] DOG [obscurity] EATING [vulgarity]!"

Then I spend the rest of the trip cycling slow so I don't catch up with that guy.

I'm not asking for puritanical devotion to the rules. I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called *Blind Cyclist*, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding.

We live in a society where anything that slows cars down, including ambulances and inertia, is deemed part of the "War on the Car." Bikes are No. 1 on the list of irrational targets. When I argue back to motorists, I'd like to have some moral high ground.

So, please, let's stop the cycle of abuse together. And if any cyclists don't understand where I'm coming from, I'd recommend wearing your helmet at all times. You probably need it.

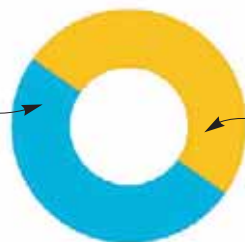
Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

Are pension pyramid schemes foisted on the young?

50%
NO. THEY'LL
GET THEIR
DUE.



50%
YES. THE
YOUNG TODAY
WILL NEVER
SEE A PENSION.

Letters

JACK LAYTON.

Jack Layton was a tireless and down-to-earth champion for social justice, homelessness, equality and personal liberty.

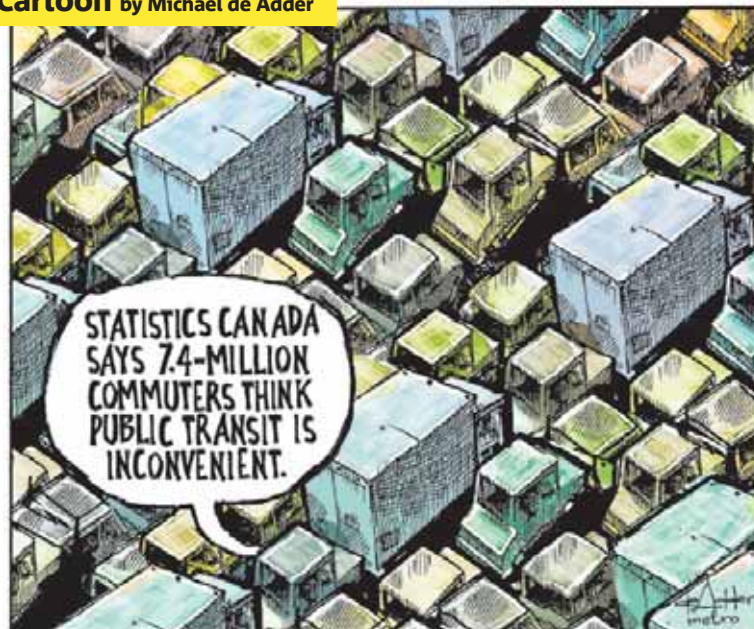
His tenacity and energy has never been seen before in Canadian politics, for which he will be sorely missed. Although we can never replace Jack Layton, all progressive politicians can honour his vision by continuing his call to action for love, hope and optimism.

JARED EVANS,
VANCOUVER

Mr. Layton should be remembered as a leader who has played a greater role in bringing a lot of Quebec separatists into his party to work for the unity of the country — something no other politician did. At a time when right-wing politics have been gaining momentum, Mr. Layton managed to win big in the last election, showing that Canadians still believe in a more balanced approach. He was a man of greater charisma, a man of hope and justice, and a leader who did not look down at the man of the street but looked at everyone with the respect each one deserved.

ABUBAKAR KASIM,
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Inmate's protest takes flight

An inmate trying to get attention for his case paid a pilot to fly a banner over a New York City jail complex.

The New York Post says Vadim Vassilenko rented the Cessna 172 Skyhawk on Tuesday.

The 30-metre banner read:

"V. Vassilenko jailed 5+ yrs. — no trial — is this legal?"

He's been at the Manhattan Detention Complex since 2007 on charges of selling stolen credit card numbers as part of an international cyber-crime ring.

The plane rents for \$1,250 US for two hours, and the pilot says Vassilenko had someone on the outside wire him the money.

Vassilenko faces deportation after his case is adjudicated.

His immigration lawyer, Merrill Cohen, says his client wants to be with his family in Ukraine.

THE CANADIAN PRESS

Local tweets



► @JOEFM: Survey says 30% of university/college students hide something illegal in their dorm room. Seems high to me.

#yeg

► @supermena: Tonight, I'm going to Dinner & a movie with my mom & my nephew. Good times! Good times! #yeg

► @shellacsister: Realtor pretty much confirmed what I long have suspected - what we are looking for just doesn't exist in #yeg. Unbelievable!

► @Slummergo: #yeg just be

glad we don't have severe weather to watch out for because of this heat. SW Ontario has psbl tornados to watch out for.

► @christineuv: That awkward moment when you frantically run for the bus but then it just ends up sitting there for 5 min after you get on. #yeg

► @Raymiell: I work with some of the greatest guys I know. They may be young but chivalry is alive and well in this office. #PAND #yeg

► @scissorfreak: The sun is shining in #Yeg but I cant help but be lazy today :)

Mo music, mo problems

► But Mass Choir isn't giving up

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



"There's no money in music right now," says Matthew Skopyk.

He's a member of the band Mass Choir, who are releasing their second album and have only been together for a few years.

At first, it would sound as if this band is looking to check out of the music industry, but that couldn't be further from the truth.

Skopyk is actually giving advice about kids looking to get into the business and quickly follows up with "have a fall-back plan and get a good education. If it's truly a passion, it won't be a burden to work to subsidize it."

Passion and hard work have been the two main ingredients to Mass Choir's achievements,



► Mass Choir bandmates enjoy a refreshing break from putting the final touches on their upcoming album Circles.

along with developing a thick skin.

"Music is a super-tough soul crushing business," shares Skopyk who says one of the band's biggest achievements has been learning how to deal with and overcome rejection.

After the success of their first LP Live My Life on the Backbeat, the band decided to push their creative boundaries even further.

"Brilliance only rears its head when there are boundaries set and you know how to operate to your maximum potential within them," describes Skopyk of their creative process for the second album Circles.

This time around, each band member contributed to the collection but

Skopyk says it wasn't a free-for-all.

Part of the strategy was to use their shared living arrangements to their advantage.

Skopyk says they set-up "three separate workstations, but each station was equipped with the same software and ingredients."

He goes on to explain, "If you are going to have too many cooks in the kitchen, limit the ingredients in the cupboard."

That approach seems to have worked as the group gears up for their 8 p.m. unveiling of Circles at The Pawn Shop (10551 82 Ave.) on Sept. 2.

For advanced \$10 tickets to the adult-only performance, go to yeglive.ca or pick some up at the door for \$12.

INTERNATIONAL BACON DAY

Get ready to clog some arteries

Know what goes with everything? Bacon! Yes it's true and if you haven't been made aware of this fact, you are missing out.

Luckily, LUX is hosting its second annual Bacon Lovers event in celebration of international bacon day.

Yes, bacon is that good that they made an international day to

commemorate it.

Three mouth watering bacon-themed courses are served by the talented Chefs, who will cap off the evening with a bacon dessert challenge.

It's a test of culinary skills worthy of Chef Ramsey's Master Chef pressure tests. Tickets are only \$65 with \$20 from each ticket going to the Royal LePage Shelter Foundation.

It all takes place at 6 p.m. on Saturday, Sept. 3 at LUX Steakhouse and Bar (10150-101 St.).

For more information visit facebook.com /luxsteakhouse.

● JENNIFER LARAWAY

Takin' names

- Mass Choir is made up of local music veterans: Matthew Skopyk, Brett Henry, Nathan Setterlund, Jay Burke, Peter Fernandes, and Mary Hulbert.
- Circles serves to capture the intensity of their live performances.

2 scene

News in brief



Ben Stiller is being honoured for his comedic contributions by the British Academy of Film and Television. The group's Los Angeles branch says Stiller will receive the Charlie Chaplin Britannia Award for Excellence in Comedy.

THE ASSOCIATED PRESS



Yearbook photos of Lady Gaga, Ryan Reynolds, Bradley Cooper, other stars published online.



Smith, Pinkett deny marriage on the rocks

► Couple says they are not separating, despite reports of trouble in their relationship ► Source says there are 'significant problems' in marriage

Will Smith and Jada Pinkett were quick to respond to reports that they are separating. "Although we are reluctant to respond to these types of press re-

ports, the rumors circulating about our relationship are completely false.

"We are still together, and our marriage is intact," the couple said in a statement to E! News.

But a source tells TMZ that while

the couple hasn't made the decision to separate, there are "significant problems in their marriage" that they are trying to work out, and that separation is still "definitely a possibility."

● METRO

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the city of
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► Will Smith and Jada Pinkett say rumours about them separating are not true.

Carey to guest judge on X-Factor

It looks like Mariah Carey will be a part of the U.S. edition of the X-Factor after all, but she won't be sitting behind the judges' table, according to People magazine.

"Mariah is definitely confirmed to be a part of 'X Factor,'" a source says, explaining that Carey will be a guest of a judge instead of a judge herself.

"She is confirmed to tape something with Simon Cowell at the judge's homes."

● METRO



► Mariah Carey

Jones isn't a model TV mom

While January Jones is getting ready to be a mother in real life, she isn't getting high marks as a TV mom. Jared Gilmore, who played her son on the last season of Mad Men, told TV Guide magazine that his successor should "be careful around January. She's not as approachable as the

others. She's really serious about what she does."

● METRO



► January Jones



► Sarah Jessica Parker

SJP's son eyes acting career

Sarah Jessica Parker admits that James Wilkie, her eight-year-old son with husband Matthew Broderick, is itching to get into the family business and become an actor.

"I don't want him to do it until after he goes to college," she tells Parade

magazine.

"But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor."

"I don't know if he grasps what it took to get us here."

● METRO

Celebrity tweets



"I found myself humming My Heart Will Go On today. What the hell happened to me?"



@zachbraff



"So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused."

@PSchwarzenegger

"Totally forgot how good guitar hero is. Haven't played in years but I used to kill it on expert."



@SetMacFarlane



"Disneyland may be the happiest place on earth, but it's also the most motorized wheelchairiest place on earth."

Fox ditches Monroe's 'bad energy'

Megan Fox says she's removing the massive portrait of Marilyn Monroe tattooed on her forearm because it caused "negative energy," according to Hollyscoop.

"It's a negative character, as she suffered from personality disorders and was bipolar," Fox explains.

● METRO



Runway trends for the real world

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

► Don't be a fashion victim as you wade your way through the ever deepening pool of trends ► Refer to this breakdown of the best new ideas worth buying into for fall



► Dolce & Gabbana

TAILORING SKINNY, SLOUCHY, BAGGY AND BOXY - THERE'S A CUT FOR EVERY TASTE

Dolce & Gabbana and Giorgio Armani among others beat the stuffiness out of tailoring with the zeal of teenage rioters. Every cut, twist and pattern was on show from '40s to nothings. The one downside of choice is that you can end up getting it very wrong. So think about your shape before you go all '70s Gucci on your look.



► Burberry

COLOUR MIX UP THE MONOCHROME WITH A COLOUR POP

Just when you thought the catch phrase "colour pop" had lost its fizz, it returns in blinding technicolour. Jil Sander, Hermès and Burberry rolled with everything from lurid brights to retro oranges on styles from knitwear to outer-wear. Get it right, and a punch of colour can really ramp up the feistiness.



► Louis Vuitton

HYBRID SOUPED-UP CLASSICS

We're talking pimped out clothing here. Dries Van Noten gave classic jackets fur lapels and Louis Vuitton worked quilting into formal coats. Yes, it's ostentatious, but that gives your look a distinguished edge. The pitfalls come when you go over the top like the lads who go overkill on the alloys while revamping their car - it can look frightfully cheap.

FALL TRENDS FOR LESS



TAILORING

► Topman black textured skinny suit, \$250, topman.com



COLOUR POP

► H&M chinos, \$50, hm.com



CONTRAST/HYBRID

► Ksubi classic denim jacket, \$327, asos.com

3

life

Men's pick

Liz Earle Hand Repair

Chaps, we're aiming this one at you because women don't need to be preached at about the virtues of soft hands. Liz Earle's echinacea, vitamin E and beta-carotene-infused cream is a handy (sorry) product.

● RICHARD PECKETT

LIZ EARLE

\$20, lizearle.com



Material Girl model
Kelly Osbourne heading north

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Colombia.....From 3.9 ¢/min	Mexico.....From 1.9 ¢/min	U.A.E.....14.9 ¢/min		
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min		
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min		
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min		
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From musical to la mode

► Ashley Tisdale is singing in the key of style as the face of Wal-Mart Canada's latest fashion line



**ELIZABETH
BEDDALL**
LIFE@METRONEWS.CA

She's a singer, song-writer, executive producer and actress, and now Ashley Tisdale, best known for her former role as the antagonist of Disney's *High School Musical*, has planted a firm foot in the fashion industry. Metro sat down with the busy 26-year-old to chat about her newest role as the face of this fall's Hollywood Era fashion collection for Wal-Mart Canada.

Why did you feel this collaboration would be a good fit for you? When I saw the clothing line and I was really excited. I think Hollywood Era definitely has a sense of my fashion style. I'm super excited that my fans will be able to wear stuff that relates to my fashion sense.



► Ashley Tisdale

How would you describe the Hollywood Era line? I would call it chic, but I also think this is every-day wear. You can wear it to work, school or even if you just want to go out with your friends you can dress it up. You can really

play around with all the items.

Seeing as though this collection is available at Wal-Mart Canada, tell us how you feel about your northern neighbours?



Hollywood Era
Face Paint Top
\$16

I love Canadians! I just think that everybody is really nice. This is a funny story but I had lost my wallet in Vancouver. It had everything in it — license, credit cards, money. I was freaking out and two months later in the mail, at my house in L.A., my mom received my wallet with everything in there. That would not have happened in L.A., just so you know. That Balenciaga wallet would have been gone.

So you've now made a mark on the fashion industry. Are you planning on sticking around? Maybe. I've always loved fashion. I'll always be a part of the fashion world just because I've always loved clothes. I'm not sure about doing my

own clothing line yet, maybe in the future. I have a production company, and so many things going on and I like to give 100 per cent to each thing so I think it would definitely be a big undertaking for me.

Is there a piece out of this collection that stands out as a favourite? I really like the shirt with the faces on it. I think it's really cute, very form-fitting, looks great with leggings, which I'm a big fan of.

What kind of girl is going to love this line? A girl that loves fashion ... to dress up and likes to have fun with her clothes. All these items you can play around with and mix and match so just someone who likes to have fun with fashion.

Who runs the world?

THE KIT

OFF-ROADING

Brooks Cascadia 6 Trail Running Shoes provide superior cushioning and traction, perfect for runs that take you off the beaten path.



\$160, brooksrunning.ca

BOUNCE BE GONE

When it comes to sports bras, one size — or style — does not fit all. That's why Moving Comfort designs each of theirs with a specific cup size in mind, like the Alexis (A-B), the Juno (B-DD, left) and the Maia (C-E). All guarantee bounce-free results. From \$45, movingcomfort.com

SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

Moon moves into menswear

Moon is marking its first anniversary and expanding the brand's offerings in the process.

Menswear will now be in the mix within the affordable apparel line with the introduction of its autumn-winter 2011 collection.

The debut pieces featured last year focused on

women, with streamlined separates designed to be versatile for everyday wear as well as building blocks in the modern wardrobe.

The menswear line includes T-shirts, sport coats,

dress pants and merino wool knitwear, along with

an array of dress shirts in solids, stripes and gingham patterns. Outerwear pieces include trench coats, blazers and puffy bomber jackets.

Items in the line range from \$20 to \$175. The

moniker, which is carried at The Bay, has ties to

Canadian fashion heavyweight Alfred Sung. Moon was the name of the Toronto boutique opened in the '70s by the designer, and is also part of Sung's name.

The longtime designer is a partner with the Mimran Group, which teamed up with the Bay on Moon. Siblings Tamara and Jordin Mimran work with father Saul on the line, in addition to design direction from Sung. **THE CANADIAN PRESS**



Brady, Ugg team up

Football star Tom Brady has a new partnership off the field with Ugg Australia.

The New England Patriots quarterback has been

named the first endorser of the global footwear brand.

The three-time Super

Bowl champ will launch a multi-year collaboration with the brand beginning with its fall ad campaign, in addition to consulting on product inspiration for future seasonal collections.

The collaboration will include casual

footwear as well as select accessories.

THE CANADIAN PRESS



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Southern Comfort

► Want guilt-free ribs? ► It's possible with a few simple alterations

Who can resist good barbecued ribs? They are the ultimate comfort food.

But eat enough ribs, and you won't be able to see your own. The calories on a typical plate of barbecue ribs can surge to more than 900 calories, and

more fat grams than can be counted.

To combat the fat, these are made in the oven with baby back ribs, which are the leanest cut of pork ribs because they come from the back not the belly.

Preparation:

1 Heat oven to 220 C (425 F). Set a 60-cm (24-inch) sheet of heavy foil on a rimmed baking sheet.

2 Season ribs generously with salt and pepper.

3 In a large bowl, combine sweet and smoky rub, liquid smoke, ketchup, balsamic vinegar, onion and garlic. Add ribs to

bowl and toss to coat completely. Transfer ribs and marinade to foil, then top it with rosemary stalks. Place another sheet of foil over meat. Fold up edges of bottom sheet of foil and crimp together with top sheet to make a tightly sealed package.

4 Place ribs in oven and bake for 30 minutes. Reduce heat to 140 C (275 F) and bake until tender, about 45 minutes to 1 hour. Spoon some of the sauce from the foil packet over ribs to serve.

THE ASSOCIATED PRESS/
ROCCO DISPIRITO

Ingredients:

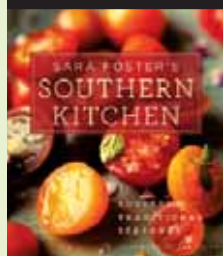
- 1 rack baby back ribs (12 ribs), about 1 kg (2 lb) total, trimmed of all visible fat, cut into 4 equal pieces
- Salt and black pepper
- 15 ml (1 tbsp) sweet and smoky rub (such as McCormick)
- 22 ml (1 1/2 tbsp) liquid smoke (such as Stubb's)
- 250 ml (1 cup) reduced-sugar ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 1 large Spanish onion, chopped
- 12 cloves garlic, roughly chopped
- 2 stalks rosemary (about 15 cm/6 inches each)

MATTHEW MEAD/ THE ASSOCIATED PRESS



► This recipe serves four.

Weekly Cookbook



Sara Foster's love for Southern fare began in her grandma's kitchen. Now, the author offers nearly 200 contemporary interpretations of classic dishes in her book *Sara Foster's Southern Kitchen: Soulful, Traditional, Seasonal* (Random House, 2011).

The book is divided into sections that include Hearty Breakfasts, Birds, Grits and Rice, and more.

It includes recipes for Shrimp Jambalaya, Granny Foster's Sunday Fried Chicken, Roasted Tomato Grits with Country Ham and Cracklings, Red Beans and Rice with Andouille Sausage, and Molasses-Bourbon Pecan Pie, among others.

Grilled Rosemary Catfish



Got five minutes? This simple, healthy dinner takes very little time and is big on citrus taste.

Canadian grocery stores are now selling more sustainable fish such as catfish at their fresh fish counters.

Catfish is recommended by the Monterey Bay Aquarium as an environmentally wise fish selection.

Preparation:

1 In a shallow dish, place catfish and squeeze 1/2 fresh lemon over each fillet. Sprinkle with salt and freshly ground pepper. Let sit for 5 minutes.

2 Citrus Sauce: In a small saucepan set over medium heat, combine all sauce ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Set aside.

3 Grill fillets on preheated grill until fish flakes easily with a fork, 4 to 5 minutes per side.

Transfer catfish to a serving plate and spoon warm Citrus Sauce over fillets. THE CANADIAN PRESS/ U.S. RAISED CATFISH

Ingredients:

Grilled Rosemary Catfish

- 15 ml (1 tbsp) oil, for grill
- 4 farm-raised catfish fillets, 175 to 250 g (6 to 8 oz) each
- 1/2 fresh lemon, per fillet
- Salt and pepper, to taste

Citrus Sauce

- Juice and zest of 1 lime
- Zest of 1 lemon and 1 orange
- 175 ml (3/4 cup) pineapple juice
- 125 ml (1/2 cup) brown sugar
- 15 ml (1 tbsp) chopped fresh rosemary
- 1 ml (1/4 tsp) salt

Green beans grab spotlight

► Normally steamed or sautéed, green beans are often overlooked ► This salad puts them front and centre by roasting with pancetta and garlic

When it comes to green beans, the oven tends to get overlooked. Maybe it's because steaming and sautéing are so quick.

But a short, yet intense, high-heat roast can have the same delicious effect, with the added benefit of

giving the beans a satisfying char.

It's also almost effortless. To prove the point, try this simple yet boldly flavoured salad of roasted green beans with pancetta and garlic.

After roasting, the

beans are tossed with cool, raw cherry tomatoes for a pleasant and juicy contrast.

Preparation:

1 Heat oven to 260 C (500 F).

2 On a rimmed baking sheet, toss green beans, garlic and pancetta to mix, then spread in an even layer. Roast for 10 minutes or until beans are browned.

Ingredients:

- 750 g (1 1/2 lb) green beans, ends trimmed
- 3 cloves garlic, chopped
- 125 g (4 oz) pancetta, diced
- Juice of 1 lemon
- 500 ml (2 cups) cherry tomatoes, halved
- Kosher (or other coarse) salt and ground black pepper
- 50 ml (1/4 cup) grated Parmesan cheese

3 Transfer beans and pancetta mixture, as well as any juices in the pan, to a large bowl. Drizzle lemon juice over beans, then add cherry tomatoes and toss well. Season with salt and

pepper.

4 Divide salad among serving plates, then sprinkle generously with Parmesan.

THE ASSOCIATED PRESS

Fall trends easy to live with

► Transitional neutrals with a pop of colour are key decorating trends for autumn

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

There's good news about the fall 2011 trends — they are easy to incorporate into your existing decor. Warm grey tones help to cool down all the golden taupe colours while trendy brights add new life to colourless spaces.

Want a deal?

I am thrilled to have curated today's collection of trend-inspired home products with HomeSav.

► Check out homesav.com: Each item in the collection will be available to buy at up to 80 per cent off the regular retail price. The sales start today!

New neutrals:

You may have already heard that grey is on the A-list with decorators and designers as a new neutral colour.

We've seen the popularity of grey in the fashion world for sometime so it's natural that it would make its way into the home. Adding grey to your existing colour scheme will help cool down the overall look of a room, which is key this season for the neutrals. All versions of grey (and all tones from light to dark) are trendy.



► A classic styled sofa in modern grey fabric.

I stay away from the steel-blue grey tones as they remind me too much of the greys that were popular in the 1980s.

The new grey is warmer — think flannel grey suiting, putty or smoke as ways to describe this new neutral.

Found treasures:

Mixing found-looking objects into a space is often the best way to add personality to a room.

If your usual style is modern, try adding a traditional rug, pillow, piece of art or a corner chair to break up the modern feel and create an unexpected surprise.

My preferred pieces would be: hand-blown glassware, upholstered furniture that is button-tufted or anything with letters or numbers motifs.

Old subway signs are other ideas.



► Vintage acrylic furniture is back in style. Side chairs are great for dining, in a foyer or in a bedroom corner.

Pop of colour: For the past 10 years, popular decor colours have taken from the muted shades like wedgewood blue, sage green and cranberry.

The perfect complement to all the new grey neutral tones are a few shocking 'wake me up' colours.

My favourite one is citron yellow. Wherever you may have used green or gallery white you can use yellow.

Another great choice is mulberry — a purple tone with a



► Pops of colour are easy with accessories like pillows and throws.

touch of pink and a splash of blue in it. It looks great with espresso brown wood furniture and deep grey painted walls.

Mix and match: The overall look this fall is one of collection — mixing and matching styles together while using colour as a common denominator.

A square 1960s inspired side table beside a traditional sofa with a modern painting hung above — it's all about getting a mix of styles to give a room personality.

When I find an interesting lamp, chair or table it must have one criteria; "does this look like it has history or story to it?"

Another trend to consider is



► Go for grey with pops of yellow and mulberry.

mixing textures. The slub of linen on a sofa, the plush of velvet on an ottoman or the smoothness of silk woven into a rug are great ways shake up a room and appeal to the senses.

The dream is alive and it's living in Leduc

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Advice for buying a house

► It's the biggest purchase you're ever likely to make ► We asked two successful realtors for some tips so you don't end up with buyer's remorse

Urban Suburban features brother and sister real estate experts Philip DuMoulin and Sarah Daniels who face off in each episode to find one family

their dream home.

Philip takes on the city, while Sarah goes through the suburbs, and the family has to eventually choose which home is for

them.

This show has been filmed throughout major cities in Canada, and realtors get to the crux of a major Canadian

home-buying dilemma.

We asked each realtor: What's your biggest piece of advice for a buyer before they decide on a house?

Pro-city

Philip DuMoulin

Consider the return on investment and find a property that has the potential to increase in value.

Create a list of "must-haves" before looking at any homes and stick to them.

See enough houses to be sure you're happy with your choice — this also means being open to seeing something outside of your specifications.



► Sibling showdown: Two realtors compete to make the sale on Urban Suburban.

Pro-suburb

Sarah Daniels

Look for a home with great "bones" — a good layout, nice sized rooms, and can be updated cosmetically without a lot of structural changes.

Location is key. Buy where you can see yourself down the line.

Don't be swayed by fancy furniture and staging.

URBAN SUBURBAN PREMIERES
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► Who doesn't love a dip in a nice clean Jacuzzi?

CHARLES THE BUTLER



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Dear Charles,
Can you suggest how to disinfect a jacuzzi? We cannot use bleach as we have a septic tank.

Thank you!

Hello,
I have researched this

question and spoken with several experts who all ask why the jacuzzi is connected to your septic system to begin with.

Just like a pool, it is traditionally drained onto the grass or street.

Any natural cleaner like vinegar or commercial chemical will do harm to your septic system in large quantity. Therefore, it is not recommended.

With the information given, I would suggest cleaning the jacuzzi but not draining it into the septic system. GOT A QUESTION? EMAIL

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URBANE
BY COTTSWOOD INTERIORS

Tupperware parties don't get old

► No more signature burp, but Tupperware lives on in edgy purples, crisp greens

Cindy Hallman-Morris grew up with Tupperware's burping bowls, gelatin rings and pickle keeper, but she considered herself a casual buyer of the brand once she had her own kids.

Tupperware, it seems, is enjoying a renaissance 65 years after it first hit the market with Wonder bowls, Bell Tumblers and Ice-Tup moulds for home-made frozen treats.

Long gone is the signature burp, that whoosh of air from pressing on the centre of a lid to tightly seal in the goodness.

Also gone is the colour goldenrod, fussy floral accents and the soft pastels of the 1950s and '60s.

Today's Tupperware is drenched in edgy shades of "purplicious" and "fuchsia kiss," or crisp in greens dubbed "margarita" and "lettuce leaf."

You can buy contemporary takes on Wonderlier bowls and those little salt and pepper shakers, but Tupperware Brands Corp. also sells an appetizer tray that looks like a caterpillar, fancy chef's knives, bakeware, and heavy stainless-steel pots and pans.

The Orlando, Fla.-based company has acquired a sense of humour with a set called Thatsa Bowl and Thatsa Mega Bowl, but left the Jel-Ring Mold pretty much alone, while aggres-

"It is quite pricey, but it lasts forever. It really does."

CINDY HALLMAN-MORRIS

sively modernizing, diversifying and pursuing emerging markets around the globe.

A few years ago, the company boasted that a Tupperware party was held somewhere in the world every 2.3 seconds.

Now it's 1.7 seconds, driven by a direct sales force of 2.6 million — still mostly women — in nearly 100 markets, said Rick Goings, the chairman and chief executive who arrived 20 years ago from Avon.

"I got here and found out the company was in trouble," Goings said. "The

SMITHSONIAN ARCHIVES CENTER/NATIONAL MUSEUM OF AMERICAN HISTORY/THE ASSOCIATED PRESS



► Tupperware party, 1951

GARRETT CREEN/THE ASSOCIATED PRESS

headquarters was for sale. They had just written off \$100 million. Everybody loved it, but they loved it in a historical sense, like the

Model T."

The company has since had more than seven straight quarters of positive sales growth and expand-

ing earnings, due largely to markets outside the United States, but nothing quite so explosive as the early decades. **THE ASSOCIATED PRESS**

\$2.3B Worldwide Tupperware sales last year totalled \$2.3 billion, including beauty and personal care products.



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► Kevin Farrell dressed as Dee W. Ivey sells Tupperware products during a Tupperware party in Bellflower, Calif.

Let there be solar light

► Steal some energy from Mother Nature for your home ► Outdoor solar lighting gives your yard a warm glow

DIY IDEAS

Make your home safer, enhance special features on your property and reduce your energy bill in

one simple step: install outdoor solar lighting. Certified landscape technician Ahmed Hassan

hosts Turf Wars, a show that pits neighbours against each other to win \$10,000 and the title of

best yard on the block.

Hassan offers a few tips to help you get started using solar lighting.

Benefits of solar

Solar lights require no electrical source and can operate up to 15 hours before recharging.

Many brands conveniently have the solar panel, light and battery in one unit.

If you have a shady property, there are models available that are powered by a remote solar panel that can be placed in a sunny location while the lights in the shade still operate effectively.

Create a plan

Use graph paper to plot out your property and decide where you'd like to place your lights.

Select a focal point like a large tree, walkway or the main entrance and work from there.

You want to use the lights to highlight the best parts of your yard. Keep in mind that fewer lights have more impact.

Install

Use a combination of tier lights and floodlights. Tier lights focus the light downwards, so they are useful for walkways or steps.

When using tier lights, alternate their placement on either side of the pathway. If you place them opposite each other you will see a runway pattern start to emerge.

Floodlights focus light upwards and are used at adjustable angles to highlight landscape features or architectural details.

Taller light fixtures are used for larger areas to spread the light more evenly and widely.

Light it up

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BACK TO SCHOOL



► Students from elementary school to the university and college set all have their eyes (and hands) on new technology when going back to school.

Cool means ... technology

► Kids clamouring for e-readers with high functionality ► Tablet explosion hitting schools

What's on top of the school supply list this year? It isn't T-shirts and tennis shoes. It's the other T — for mobile tech.

Kids as young as elementary age are looking for smart-phone upgrades, while the college set is sussing out the explosion in tablets, said Craig Johnson, president of the retail consulting and

research firm Customer Growth Partners in New Canaan, Conn.

"The single most important thing is the acceleration of technology for back to school. Kids don't get excited about a new lunch box these days, or a new backpack. Cool means technology," he said.

That means e-readers with high functionality like highlighting, underlin-

ing, pagination and touchscreens.

The new Nook has a 15-centimetre (six-inch) touchscreen and crisp, clear print for reading in bright light, tech analyst Andrea Smith told reporters at a recent Consumer Electronics Association trade show. It also indicates how many pages to the end of a chapter and has received praise for long battery life.

Back-to-school tech also means tablets. Once hallowed Apple ground, iPad 2 competitors are everywhere this season. Apple is



► Apple's iPad, top, and the Toshiba Thrive.

still the big kid, but Android technology is in pursuit. Some of the new tablets run Adobe Flash software, which Apple doesn't have.

In addition to the iPad 2, Smith suggests the 25-cm (10-inch) Toshiba Thrive for back to school. It runs on Android, has two USB ports and an SD card reader.

Tablets are cool, but are they practical for actual school work? That might have everything to do with the popularity of blue-tooth-enabled keyboard add-ons, including the new one Smith and Morris like from Logitech with a case that easily turns into a tablet stand. Toshiba has a keyboard, too, also sold separately.

THE ASSOCIATED PRESS

Stuff that writes

Pilot's B2P pens (for bottle to pen) are made from recycled plastic bottles and designed to look like one. They are lightweight with gel ink.



Animal print pens and erasers are everywhere.

Post-it has been putting flags for tagging into the tops of pens and highlighters for a while now. There's a highlighter-pen combo in a three-pack with room for 50 colour-coordinated flags on a shirt clip.

Sharpie has gone gel for highlighters for a wider variety of paper, including ink jet, glossy and extra-thin surfaces. Twist the bottom to push up the gel.

Crayola has a box of dry-erase crayons that come with an eraser mitt.

STUFF FOR PAPERS

Eco-friendly notebooks, composition books and binders abound, if

that's your kid's thing.

In the simple reuse category,

Pottery Barn Teen sells full-

zip, water-resistant fabric homework holders in a variety of tween-girl patterns, from peace signs to zebra stripes. There's a three-ring binder inside and a front zip flap for quick access.

THE ASSOCIATED PRESS

► A Post-it flag pen, top, and Pottery Barn's homework holder.



ASTRID
VAN DEN BROEK
FOR METRO

Who doesn't love back to school shopping? But before heading out, make note of these hot trends to stock your closets with.

In colours and prints for fall, there are three things to remember, says Julian-

► Girls motorcycle boot from Old Navy, \$32.94.

na Smith, a Toronto-based blogger for Yorkdale mall.

"Many summer trends are staying around, so bright colours like lime green, bright orange and cobalt blue are making their way into fall," says Smith.

Other hot must-haves include python and snake-skin-printed accessories and those hot, hot metallics such as gold and silver. These colours aren't just for

teens, either — look for turquoise Knit Rib-bon Ruffle dresses and Silver Sequin skirts at Old Navy for the younger set.

While many of these colours and prints work in footwear, also consider style when you are out shopping.

► Reebok's ZigTech shoes for children range in price from \$59.99-\$79.99.



"Such as a wedge or a thick chunky heel, which are also easier to walk in than a regular heel," says Smith. "For boots, the knee-high is back rather than last year's boots cut off at the ankle."

For children, Old Navy's

Motorcycle Boots can incorporate the look and keep their legs covered during lunch time play.

Also for the younger-than-10-year set, laceless shoes continue to appear on store shelves in bright pinks, fuschias, greens and blues, and shoes that including breathable mesh to endure hard recess play (such as Reebok's new ZigTech line of children's running shoes).

Stock up on supplies



**ASTRID
VAN DEN BROEK**
FOR METRO

Pencils, papers, teacher's looks ... indeed it's that time of year when back-to-school supply shopping has hit.

So what's hot in the classroom this fall?

First, forget your plain old ballpoint pens — writing implements are now bendable, sparkly, smelly, stretchy and more. And to really express your personal style, everything from pens and pencils to lunch bags and

backpacks are covered with eye-catching designs.

"We have Tony Hawk, the skateboarder, notebooks and other items designed with him in mind," says Steve Grebenc, a general manager for a west-end, Toronto-based Staples.

Lunch bags (such as the PKG line of bags) are also breaking out of their neutral style colours.

► Binders are a must-have for back-to-school supplies. Staples has Tony Hawk related items, including flash drives, below right.

"We have a few new lines with vibrant colours that appeal to the younger grades," says Grebenc.

Lunch bags also continue to move into lunch purses, such as Thermos' Fashion Lunch Tote bags. Don't like the bags you see? Pick up a Tat-too line of bags, which are black and white in design, but come with markers so your little

Van Gogh can colour them himself or herself. And thanks in part to Litterless

Lunch movements in some schools, Grebenc notes the reusable trend continues with more options for Thermoses and water bottles.

Durability is key with

To-do list

- While must-have items for school can vary grade to grade (high school students need locks while elementary school students don't generally need them), here's a list to get you started.
- Check your local office supply store or school to see if they have supply recommendations.)
- Paper
- Pencils, pens/markers/pencil crayons
- Binders and duo tongs
- Calculator
- Erasers
- Lunch bag and water bottle
- Staplers and staples
- Pencil sharpener
- Notebooks
- Glue and scissors

► A Rubbermaid FilterFresh Bottle, top, is available at Real Canadian Superstores and Loblaw Great Food Stores for \$9.99. The Thermos Plaid Tote lunch bag, top right, is available at Wal-Mart for \$16.99. Protect your laptops with PKG bags (\$44.99-\$49.99), available at Future Shop, Best Buy and other retailers.



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Prints, preppy looks and boho chic in style

The red carpet seems to be making its way to the classroom this fall, as looks reminiscent of styles worn by young stars are among the emerging trends in back-to-school fashion.

Winners fashion expert

Sarah Smithers said while hoodies remain a staple for younger boys, sweaters and cardigans are key pieces for their older counterparts, evocative of styles sported by Canadian pop sensation Justin Bieber.

"While we can often see him out wearing a great

hoodie, he's also not afraid to pull on a cardigan or a zip-up sweater, and I think that tween boys are starting to pick up on this as well," she said.

Fellow homegrown music star Drake has been known to wear collegiate styles of his own, like varsity

jackets — not unlike the preppy looks on offer this upcoming season.

Smithers said for teen boys, they are seeing a bit more of a heritage or rustic look with knits and sweaters featuring shawl collars that channel collegiate cool. But guys can still

add their own touches to personalize more casual yet conservative styles.

"Maybe they're going to wear a varsity jacket with maybe a letterman-style cardigan and really go over-the-top preppy varsity, but then they're going to add interesting accessories like a retro sneaker in a bright bold colour, maybe a belt, again in a bright bold

neon hue," said Smithers.

For girls who may be seeking to get groovy with their style, iconic bohemian-inspired pieces may be more up their alley.

Smithers said boho chic is a key trend in both apparel and accessories for fall. "A tunic or

a poncho piece would be a great way to capture that trend, but then they're going to layer it over skinny jeans or flared denim," Smithers said.

If you want to steer clear of an outfit resembling a Woodstock costume, pare back on the accessories, she said. **THE CANADIAN PRESS**



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Offer ends September 8, 2011. Available with compatible devices within network coverage areas available from Bell Mobility. Not all superphones are available in all retail locations. Paper bill charge (\$2/mo) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (New Brunswick: \$0.55, Nova Scotia: \$0.42, P.E.I.: \$0.50, Quebec: \$0.40) apply. A one-time device activation fee (\$35) applies. Upon early termination, price adjustments apply; see your Service Agreement for details. 30 days advance notice of termination required where not prohibited by law. Subject to change without notice, not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. (2) Credit applies at the time of purchase on the price of the device and/or accessories in-store before taxes. (3) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on pay, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada, all on the shared HSPA+ (4G) network available from Bell, vs. Rogers HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. HTC, the HTC logo, and HTC Incredible S are trademarks of HTC Corporation. Samsung Galaxy S Vibrant is a trademark of Samsung Electronics Co., Ltd., used in Canada under license. MOTOROLA, the Stylized M Logo and MOTOROLA are trademarks or registered trademarks of Motorola Trademark Holdings, LLC. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Android is a trademark of Google Inc.

Keep makeup light and natural

ASTRID VAN DEN BROEK
FOR METRO

Want picture-perfect makeup and skin to head back to school this September? If so, think more Taylor Swift-style over Snooki.

"Keep your makeup light and natural," suggests Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop Canada. "Teens don't need to use foundation. Instead, use a concealer on blemishes only."

To continue your soft, natural look, lightly apply eye shadow and follow the critical make-up application

rule: Blend, blend, blend. Then swipe on brown mascara and a natural-looking

pencil liner over liquid.

And for your lips? A flavoured light gloss or balm rounds out your look, such as The Body Shop's new Natural Lip Roll On.

However, if it's Friday night and you are party-bound, a more dramatic look is in order, such as loud lipsticks — think dark purple or cherry lips or very bright orange lips, says Julianna Smith, a blogger for Toronto's Yorkdale Mall.

"The dark, smoky eyes are in, but if you are doing the dark lips go with a more natural look on your eyes," she says.

"Metallic colours are also in, as are bright colours for the eyes if you do a natural lip colour."



► Vitamin C Skin Boost from The Body Shop, left, Lush Tea Tree Water.

TOP 10 LIST

What's in YOUR lunch box?

We asked the Metropolitan Panel:

**What are your top 10 lunch foods?
Here's what you had to say!**

1. Sandwich
2. Salad
3. Sub Sandwich
4. Pizza
5. Soup
6. Wrap
7. Veggies + Dip
8. Sushi
9. Yogurt
10. Snack Bar

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metropolitanpanel.ca



Metropolitan
Panel

4
sports

Quoted



"Hopefully Peyton will be back, but if he's not, maybe I can be one of the guys that can help this ball club."

QUARTERBACK KERRY COLLINS, WHO AGREED TO TERMS ON A ONE-YEAR CONTRACT WITH THE INDIANAPOLIS COLTS YESTERDAY. COLLINS WILL BE THE LIKELY STARTER IF PEYTON MANNING HASN'T COMPLETELY RECOVERED FROM OFF-SEASON NECK SURGERY WHEN THE SEASON OPENS SEPT. 11.

"We don't even know him. We ain't vanilla, man, we ain't no simple offence. So for him to come in here and be the starter, I don't see it. I think that's a step back."

COLTS RECEIVER REGGIE WAYNE ON THE PROSPECT OF PLAYING WITH COLLINS

The mystery of Pittsburgh

► Fans worried about winter without Crosby ► Many wondering if captain is in worse shape than is being said

Sidney Crosby's health issues are making for a very unsettled late Pittsburgh summer.

Nearly a quarter-century since *The Mysteries of Pittsburgh* was a best-selling book, the region's hockey fans are dealing with another riddle wrapped inside an enigma.

How badly is Crosby still hurting after sustaining what appeared to be multiple concussions only days apart in January? Will his lengthy layoff stretch into the new season? And when No. 87 finally does play, will he again be hockey's best player?

The answers don't appear to be forthcoming anytime soon, and that's making the Penguins fan base nervous.

Since leaving town nearly four months ago, Crosby hasn't said anything publicly about his persistent post-concussion symptoms. The Penguins aren't saying much, either, if only because they don't know much. Even some of Crosby's own teammates are privately wondering why they aren't getting more information.

"I can't wave a wand and tell you how it's going to play out," said Penguins coach Dan Bylsma, who said the team might not get a true reading of Crosby's status until training camp starts in mid-September.

"We haven't heard from Sid since he left town and, while it's his off-season, they (the Penguins) seem to be unsure, too ... (leading) fans to believe that they're hiding something or there's something deeper."

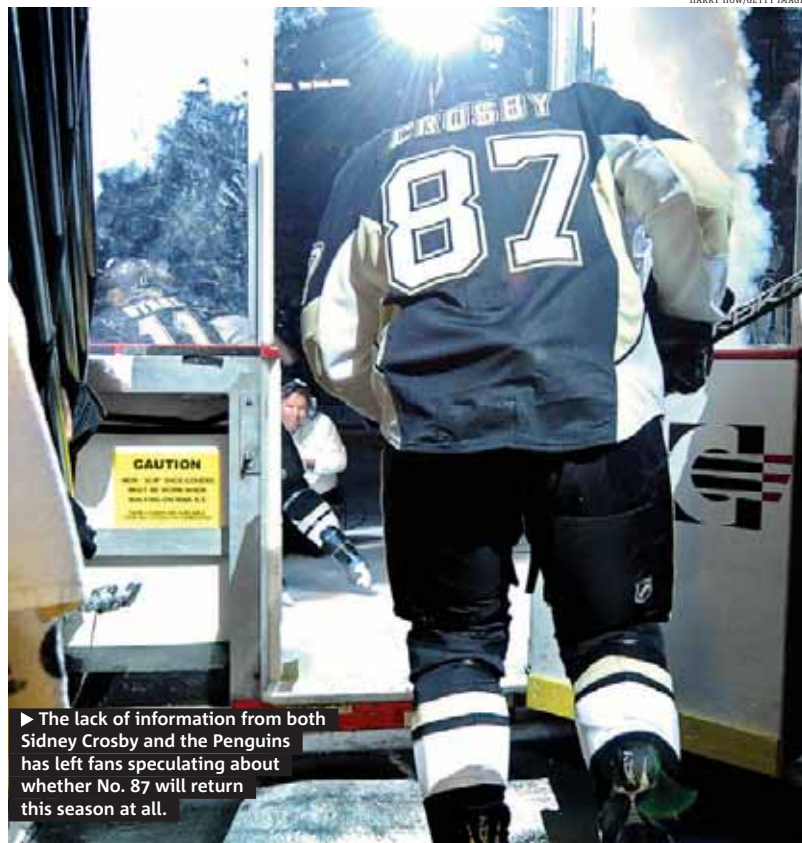
PITTSBURGH TALK SHOW HOST
KEN LAIRD

At a time of the year when Pittsburghers generally are focused on the soon-to-start Steelers season, many are on edge because Crosby still isn't healthy eight months after being hurt.

"I'm worried," said Brian Smith, a 23-year-old Duquesne University graduate school student from Pittsburgh.

"I worked in the concussion lab at my undergrad school, and concussions can be serious, especially when you've gotten two in a row like that. They can really mess you up. He definitely needs to take his time. I want him to come back, but I don't want him to ruin the rest of his life."

Smith fears Crosby's case is less predictable because it now appears the Penguins captain had concussions in separate games four days apart in January.



► The lack of information from both Sidney Crosby and the Penguins has left fans speculating about whether No. 87 will return this season at all.

Camp concerns

Sidney Crosby is still working out, and neither he nor the Penguins are saying if he is skating at a pace consistent with a player about to report to camp.

After being shut down for a few weeks after Pittsburgh's first-round loss to the Tampa Bay Lightning, Crosby resumed his off-season

- If there's much of a delay once camp opens, then the Oct. 6 opener at Vancouver becomes doubtful.
- Penguins coach Dan Bylsma remains positive, saying, "Sidney's progressed nicely this summer. He's had a long summer."

workouts in his native Nova Scotia.

But as the workouts intensified, the symptoms returned. Penguins general

manager Ray Shero, who has been in contact with Crosby, isn't sure exactly what they were.

"If he's not ready for the start of the season, I'm worried for the Penguins for sure," said Nick Barone, 20, a former hockey player for Bethel Park (Pa.) High School. "I don't think they could go a whole season without Crosby. A lot of people will be worried if Crosby's not out there."

THE CANADIAN PRESS

Lawrie adds heroic homer to resumé

DARREN CALABRESE/THE CANADIAN PRESS



► Blue Jay Brett Lawrie balances on one leg after throwing out Royals batter Melky Cabrera in Toronto last night.

Brett Lawrie's solo homer off Louis Coleman to lead off the bottom of the seventh inning was the difference as the Blue Jays picked up a 4-3 win last night over the Kansas City Royals in Toronto.

Lawrie's drive came off Coleman, who had just come on in relief of starter Luke Hochevar. It was the fourth of the year for the native of Langley, B.C., and went along with an RBI triple in the fourth inning.

4	3
BLUE JAYS	ROYALS

Jose Bautista also went deep for the Jays (66-63) with his Major League-leading 37th homer of the season in the fourth.

Hochevar had, for the most part, kept the Jays

bats quiet. The Kansas City (53-77) starter gave up three runs, all of them in the fourth on four hits in six innings of work.

Jesse Litsch (5-3), who came on to pitch in relief of Ricky Romero in the seventh, picked up the win for Toronto. Frank Francisco picked up his 11th save of the season after coming on to start the ninth inning after Casey Janssen's scoreless eighth.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	79	50	.612	—
New York	77	50	.606	1
Tampa Bay	70	58	.547	8½
Toronto	66	63	.512	13
Baltimore	50	77	.394	28

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	70	59	.543	—
Chicago	63	64	.496	6
Cleveland	63	64	.496	6
Minnesota	55	74	.426	15
Kansas City	53	77	.408	17½

WEST DIVISION				
	W	L	Pct	GB
Texas	74	57	.565	—
Los Angeles	70	59	.543	3
Oakland	59	70	.457	14
Seattle	56	73	.434	17

Yesterday's results
Seattle 9 Cleveland 2
Boston 13 Texas 2
Oakland 6 N.Y. Yankees 4 (10 inn.)
Toronto 4 Kansas City 37
Tampa Bay 3 Detroit 2 (10 inn.)
Baltimore 6 Minnesota 1
Chicago White Sox at L.A. Angels
Tuesday's results
Cleveland 7 Seattle 5 (1st game)
Oakland 6 N.Y. Yankees 5
Seattle 12 Cleveland 7 (2nd game)
Kansas City 6 Toronto 4
Detroit 2 Tampa Bay 1
Boston 11 Texas 5
Baltimore 8 Minnesota 1
L.A. Angels 5 Chicago White Sox 4
Today's games
Oakland (Harden 4-2) at N.Y. Yankees
(P.Hughes 4-4), 1:05 p.m.
Baltimore (Jo-Reyes 6-10) at Minnesota (Liri-6-9), 1:10 p.m.
Detroit (Fister 5-13) at Tampa Bay (Hellickson 11-8), 1:10 p.m.
Kansas City (Francis 4-14) at Toronto (Cecil 4-6), 7:07 p.m.
Boston (A.Miller 5-1) at Texas (Ogando 12-5), 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	83	45	.648	—
Atlanta	78	53	.595	6½
Washington	62	66	.484	21
New York	61	68	.473	22½
Florida	58	72	.446	26

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	78	54	.591	—
St. Louis	67	63	.515	10
Cincinnati	64	66	.492	13
Pittsburgh	61	68	.473	15½
Chicago	57	73	.438	20
Houston	42	88	.323	35

WEST DIVISION				
	W	L	Pct	GB
Arizona	71	59	.546	—
San Francisco	68	61	.527	2½
Colorado	63	68	.481	8½
Los Angeles	60	69	.465	10½
San Diego	60	70	.462	11

Yesterday's results
Pittsburgh 2 Milwaukee 0
N.Y. Mets 7 Philadelphia 4
L.A. Dodgers 9 St. Louis 4
Colorado 7 Houston 6 (10 inn.)
Florida 6 Cincinnati 5 (Game 1)
Cincinnati 3 Florida 2 (Game 2)
Arizona 4 Washington 2
Chicago Cubs 3 Atlanta 2
San Diego at San Francisco
Tuesday's results
Arizona 2 Washington 0
Milwaukee 11 Pittsburgh 4
Philadelphia 9 N.Y. Mets 4
Cincinnati 8 Florida 6
Atlanta 5 Chicago Cubs 4
L.A. Dodgers 13 St. Louis 2
Colorado 8 Houston 6
San Diego 7 San Francisco 5
Today's games
Atlanta (Beachy 6-2) at Chicago Cubs (Garza 6-9), 2:20 p.m.
Arizona (Milley 0-1) at Washington (Lannan 8-9), 7:05 p.m.
Cincinnati at Florida, ppd., rain
Pittsburgh (Morton 9-6) at St. Louis (E.Jackson 2-2), 8:15 p.m.
Houston (Sosa 0-2) at San Francisco (Vogel-song 10-3), 10:15 p.m.

BLUE JAYS 4, ROYALS 3

Kansas City	ab	r	h	bi	Toronto	ab	r	h	bi
AGordn lf	2	3	1	1	McCoy 2b	4	0	0	0
McCarr cf	4	0	0	0	YEscor ss	3	1	1	0
Butler dh	5	0	3	2	Bautist rf	4	1	1	2
Hosmer 1b	5	0	1	0	Lind 1b	4	0	0	0
Franc rf	5	0	1	0	Encnc dh	4	1	1	0
Giavtl 2b	4	0	0	0	ETHms lf	3	0	0	0
S.Perez c	3	0	1	0	Lawrie 2b	3	1	2	2
Mostks 3b	3	0	2	0	Arencic c	2	0	0	0
AEscor ss	3	0	0	0	Mstmn cf	2	0	0	0
Totals	34	3	9	3	Totals	29	4	5	4

Kansas City 101 010 000 3
Toronto 000 300 10x 4
E—Moustakas 2 (6). DP—Kansas City 1, Toronto 2. LOB—Kansas City 11, Toronto 4. 2B—Butler 2 (32). 3B—Lawrie (2). HR—A.Gordon (17), Bautista (37), Lawrie (4). SB—A.Gordon (14), Me.Cabrera (17). S—Mastroianni.

Kansas City	IP	H	R	ER	BB	SO
Hochevar	6	4	3	3	1	5
LColeman L,1-3	1	1	1	1	0	0
Bl.Wood	1	0	0	0	0	0
Toronto						
R.Romero	6	8	3	3	4	3
Litsch W,5-3	1	1	0	0	0	1
Janssen H,5	1	0	0	0	1	1
F.Francisco S,11-15	1	0	0	0	1	1

T—2-46. A—18,292 (49,260) at Toronto.

CFL

WEEK NINE

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	7	6	1	0	182	130	12		
Montreal	7	5	2	0	222	156	10		
Hamilton	7	4	3	0	189	176	8		
Toronto	8	2	6	0	184	233	4		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Calgary	7	5	2	0	194	172	10		
Edmonton	8	5	3	0	174	190	10		
B.C.	8	2	6	0	203	203	4		
Saskatchewan	8	1	7	0	165	253	2		

Byes: B.C., Edmonton, Saskatchewan, Toronto
Tomorrow's game
Hamilton at Winnipeg, 8 p.m.
Saturday's game
Montreal at Calgary, 4 p.m.

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP
At Okotoks, Alta.
Last night's result
Semifinal
Whitby 8 Okotoks 4
CHAMPIONSHIP
Coquitlam vs. Whitby (Best-of-3)
Tomorrow's game
Coquitlam vs. Whitby, 10 p.m.
MLL
PLAYOFFS
At Annapolis, Md.
Saturday's games
Semifinals
Boston vs. Chesapeake, 12 p.m.
Denver vs. Hamilton, 3 p.m.

SOCCER

MLS

EASTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		
Columbus	25	11	7	7	29	24	40		
Kansas City	25	9	7	9	36	31	36		
Houston	26	8	7	11	34	32	35		
Philadelphia	24	8	6	10	30	24	34		
New York	26	6	6	14	41	37	32		
D.C. United	24	7	7	10	34	35	31		
Chicago	25	3	7	15	28	33	24		
New England	26	4	11	11	26	39	23		
Toronto	27	4	12	11	25	48	23		

WESTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		
Los Angeles	26	14	3	9	37	20	51		
Seattle	26	12	5	9	36	27	45		
Dallas	26	12	7	7	33	27	43		
Colorado	27	10	6	11	39	34	41		
Real Salt Lake	23	10	7	6	32	20	36		
Chivas USA	25	7	8	10	32	28	31		
Portland	25	8	12	5	32	41	29		
San Jose	25	5	10	10	26	34	25		
Vancouver	25	3	13	9	26	42	18		

Note: Three points for a win, one for a tie.
Last night's result
Chivas USA at Portland
Saturday's games
Columbus at Seattle, 4 p.m.
San Jose at Toronto, 7 p.m.
Houston at Vancouver, 7 p.m.
Portland at D.C. United, 7:30 p.m.
Colorado at Chicago, 8:30 p.m.
Dallas at Kansas City, 8:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.

EUROPEAN CHAMPIONS LEAGUE

Yesterday's results
Qualifying Playoffs
Second Leg
(Home teams listed first)
Benfica (Portugal) 3 Twente (Netherlands) 1
(Benfica advanced 5-3 on aggregate)
Rubin Kazan (Russia) 1 Lyon (France) 1
(Lyon advanced 4-2 on aggregate)
Sturm Graz (Austria) 0 BATE Borisov (Belarus) 2
(BATE advanced 3-1 on aggregate)
Udinese (Italy) 1 Arsenal (England) 2
(Arsenal advanced 3-1 on aggregate)
Viktoria Plzen (Czech Republic) 2 Copenhagen (Denmark) 1
(Plzen advanced 5-2 on aggregate)0

ENGLAND

LEAGUE CUP
First Round
Yesterday's results
Bristol City 0 Swindon 1
West Ham 1 Aldershot 2
Second Round
Blackburn 3 Sheffield Wednesday 1
Bolton 2 Macclesfield 1
Everton 3 Sheffield United 1
Exeter 1 Liverpool 3
Peterborough 0 Middlesbrough 2

CONCACAF CHAMPIONS LEAGUE

Second Round
Comunicaciones (Guatemala) 2 Herediano (Costa Rica) 0
Santos Laguna (Mexico) at Isidro Metapan (El Salvador)
FC Dallas (U.S.) at Toronto FC (Canada)

TENNIS

WTA NEW HAVEN OPEN

At New Haven, Conn.
Singles
Second Round
Marion Bartoli (4), France, def. Klara Zakopalova, Czech Republic, 6-2, 2-6, 6-1.
Anabel Medina Garrigues, Spain, def. Elena Vesnina, Russia, 6-2, 7-5 (5).
Anastasia Pavlyuchenkova (8), Russia, def. Roberta Vinci, Italy, 6-2, 6-4.
Doubles
First Round
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-3, 6-1.

Quarter-finals
Chuang Chia-jung, Taiwan, and Olga Govortsova (3), Belarus, def. Iveta Benesova, Czech Republic, and Alexandra Dulgheru, Romania, 4-6, 6-0, 10-7 tiebreak.
ATP WINSTON-SALEM OPEN
At Winston-Salem, N.C.
Singles
Third Round
Sergiy Stakhovsky (9), Ukraine, def. Nikolay Davydenko (5), Russia, 6-4, 6-4.
Julien Benneteau, France, def. Igor Andreev, Russia, 2-6, 6-1, 7-6 (5).
Alexander Dolgopopov (3), Ukraine, def. Grigor Dimitrov (14), Bulgaria, 6-4, 1-6, 7-6 (7).
Robin Haase (10), Netherlands, def. Pierre-Ludovic Duclos, Sainte Foy, Que., 6-4, 7-5.
John Isner (4), U.S., def. Jarkko Nieminen (13), Finland, 7-6 (4), 6-2.
Marcos Baghdatis (8), Cyprus, def. Steve Darcis, Belgium, 7-5, 6-0.

Doubles
First Round
Jonathan Erlich and Andy Ram, Israel, def. Mahesh Bhupathi, India, and Mark Knowles (3), Bahamas, 6-4, 6-3.
Quarter-finals
Santiago Gonzalez, Mexico, and Jamie Murray, Britain, def. Lukas Dlouhy, Czech Republic, and Horia Tecau, Romania, 7-5, 3-6, 10-8 tiebreak.
Christopher Kas, Germany, and Alexander Peya (4), Austria, def. Michael Russell and Donald Young, U.S., 6-2, 6-1.

U.S. OPEN QUALIFYING
At New York
Singles
Men
First Round
Vasek Pospisil (20), Vernon, B.C., def. Chris Guccione, Australia, 7-6 (4), 7-5.
Women
First Round
Laura Robson, Britain, def. Heidi El Tabakh, Toronto, 6-1, 6-3.
Aleksandra Wozniak (18), Blainville, Que., def. Maria Joao Koehler, Portugal, 6-4, 4-6, 6-3.

NFL
PRE-SEASON
Tonight's games
Carolina at Cincinnati, 7 p.m.
Cleveland at Philadelphia, 7:30 p.m.
Washington at Baltimore, 8 p.m.

TRANSACTIONS

BASEBALL

MLB
AMERICAN LEAGUE
CLEVELAND INDIANS—Recalled INF Cord Phelps from Columbus (IL). Optioned RHP Zach McAllister to Columbus.
TEXAS RANGERS—Recalled RHP Darren O'Day from Round Rock (PCL). Optioned C Taylor Teagarden to Round Rock.
TORONTO BLUE JAYS—Recalled OF Darin Mastroianni from Las Vegas (PCL).
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Designated INF Cody Ransom for assignment.
COLORADO ROCKIES—Selected the contract of 3B Kevin Koussmanoff from Colorado Springs (PCL). Optioned INF Chris Nelson to Colorado Springs. Designated INF Ryan Rohlinger for assignment.
FLORIDA MARLINS—Recalled OF Logan Morrison from New Orleans (PCL).
HOUSTON ASTROS—Placed LHP Sergio Escalona on the 15-day DL. Recalled RHP Juan Abreu from Oklahoma City (PCL).
NEW YORK METS—Placed RHP Jonathon Niese on the 15-day DL. Called up C Mike Nick-eas from Buffalo (IL).
PITTSBURGH PIRATES—Placed LHP Ryan Ludwick on the 15-day DL. Purchased the contract of LHP Aaron Thompson from Indianapolis (IL).
AMERICAN ASSOCIATION
LINCOLN SALTDOGS—Sold the contract of INF Vance Albright to St. Louis (NL). Signed INF Travis Weaver.

NFL

ARIZONA CARDINALS—Signed QB Brodie Croyle and P Dave Zastudil. Waived QB Max Hall and OT Jake Vermiglio.
BUFFALO BILLS—Signed WR Ruvell Martin.
INDIANAPOLIS COLTS—Agreed to terms with QB Kerry Collins.
NEW ENGLAND PATRIOTS—Signed OL Mike Berry.
NEW YORK JETS—Signed S Tracy Wilson.
Waived LB Brandon Long and G Chris Stewart. Claimed OT Nevin McCaskill off waivers from Pittsburgh.
SAN FRANCISCO 49ERS—Waived TE Colin Cloherty.
SEATTLE SEAHAWKS—Re-signed RB Vai Tauga. Released DT Kentwan Balmer.

HOCKEY

NHL
WASHINGTON CAPITALS—Signed F Stanislav Galiev to a three-year contract.
AHL
SAN ANTONIO RAMPAGE—Signed LW Justin Vaive.

BASEBALL

LITTLE LEAGUE WORLD SERIES

At South Williamsport, Pa.
Yesterday's results
Mexicali, Mexico 2 Maracay, Venezuela 1 (9 inn.)
Billings, Mont. vs. Huntington Beach, Calif.

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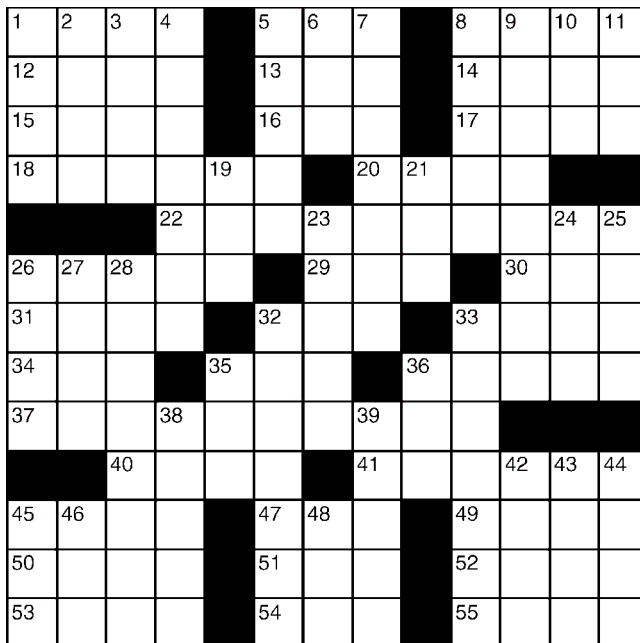
Crossword

Across

1 Just one of those things
5 "Wipeout" network
8 On in years
12 George Herman Ruth
13 Four qts.
14 Story
15 Coaster
16 Freudian concept
17 Weaponry
18 Magical drink
20 CNN's Blitz
22 In a dangerous position
26 Cumulus, e.g.
29 Apiece
30 Always, in verse
31 "My bad"
32 Foundation
33 Radius neighbor
34 Expert
35 Evergreen type
36 Arabian Sea feeder
37 "Gunsmoke" saloon
40 Move like a moth
41 Royal attendant
45 Hodgepodge
47 Drone
49 Ready to be picked
50 Rock drummer Ulrich
51 Kreskin's claim
52 Witnesses
53 Turns blue?
54 Homer's cry
55 Tackles' teammates

Down

1 Recipe meas.
2 Head light?



3 Help illicitly
4 Tiresome
5 Representative
6 Satchel
7 Fooled (around)
8 In any manner
9 Jon's cat
10 Shade source
11 — Moines
19 African lute
21 Rowing need
23 "Fidelio," e.g.
24 Waiter's handout
25 Support group?
26 Brat's stocking stuffer

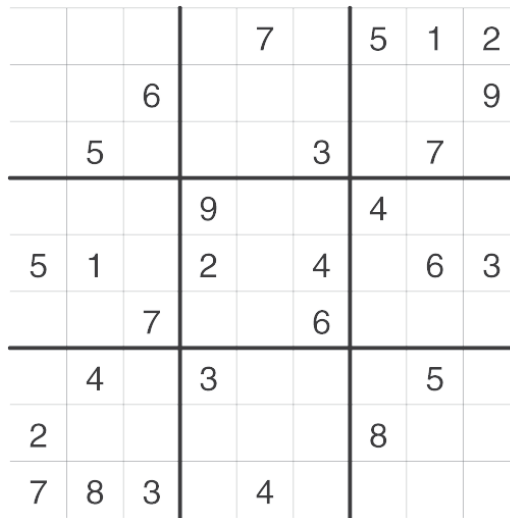
27 Crazy
28 Where chestnuts roast
32 Brought forth a child
33 Dislodge from a steed
35 Hoover's old org.
36 Lemieux milieu
38 Lipstick alternative
39 Naiad or dryad
42 Carriage
43 Mimicked
44 Untouchable Eliot
45 Antiquated
46 Deposit

48 G.I. entertainers

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	4	2	7	8	3	1	6
2	6	7	1	3	4	9	8	5
1	3	8	9	6	5	7	4	2
8	5	6	7	9	2	4	3	1
7	2	3	6	4	1	8	5	9
9	4	1	5	8	3	6	2	7
6	8	5	3	1	9	2	7	4
3	7	2	4	5	6	1	9	8
4	1	9	8	2	7	5	6	3

A look at the weather

TODAY Min 14° Max 19°
FRIDAY Min 8° Max 22°
SATURDAY Min 11° Max 21°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 Take the day off and don't worry that you might fall behind your rivals.
♉ Taurus April 21-May 21 Romantically and creatively, you have so much going right now. Reach out and take what you desire most.
♊ Gemini May 22-June 21 Be subtle in your efforts to educate those who are not as clued in as you. Don't dictate, either.
♋ Cancer June 22-July 22 You will accomplish more today if you slow down and do one important thing really well.

♌ Leo July 23-Aug. 23 You may be decisive, but this is not the right time to make decisions about what you own and what you earn.
♍ Virgo Aug. 24-Sept. 22 Today's Mars-Saturn link warns the harder you try to change things, the worse they'll get. So don't try.
♎ Libra Sept. 23-Oct. 23 Cosmic activity in the most sensitive area of your chart makes it easy to find out what makes you tick.
♏ Scorpio Oct. 24-Nov. 22 The Sun in Virgo at this time of year makes you open to newness.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Employers and other important people really do want to see you succeed, so amaze them.
♑ Capricorn Dec. 22-Jan. 20 People who are jealous of your skill and success will make negative comments about you today.
♒ Aquarius Jan. 21-Feb. 18 Show your critics that you can act and think clearly under pressure.
♓ Pisces Feb. 19-March 20. If what happens today looks like a setback, it's because you need to step back. **SALLY BROMPTON**

Caption contest



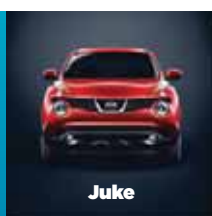
WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

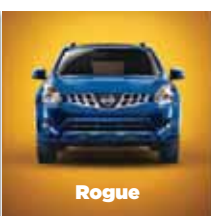
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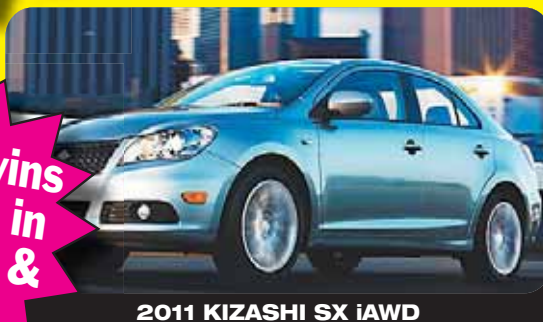
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